

Hand Washing

HPMC Occupational Medical Services

Objectives

- Why should you wash/clean your hands?
- When should you wash/clean your hands?
- What you should use?
- How should I wash my hands?



Why should you clean your hands?

- Keeping hands clean is one of the most important step we can take to avoid getting sick and spreading germs to others.



When should you clean your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



What should you use?

- Alcohol based hand sanitizer
- Plain soap
- Antimicrobial soap



How should you wash your hands?

- Wet hands with clean warm water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15 seconds.
- Rinse hands well under water.
- Dry your hands using a paper towel or air dryer.
- Use paper towel to turn off the faucet and open door when exiting bathroom.



For more information on Hand Washing

- <http://www.cdc.gov/handwashing/>
- <http://www.cleanhandscoalition.org/>



Hand Washing Map: Red areas are those that are most frequently missed when hand washing, purple less so.